

# **Berkeley Springs Invitational**

**Sponsored by Valley Health War Memorial Hospital**

**Cacapon Resort State Park  
Saturday, September 17, 2022**

**We are happy to announce the inclusion of a new open  
and team format race  
We'll call it FUN RACE!**

**(Please, review the rules of this race at the third page of this document)**





[Previous information: The Berkeley Springs cross-country teams would like to invite your teams to our **16th annual Berkeley Springs Cross Country Invitational at the beautiful Cacapon State Park**. The course is beautiful and challenging for athletes who must climb hills through the forest. We invite you all to a tough but also special race, where athletes can run enjoying a unique natural environment].

**Due to high registration, the Middle School runs have been cancelled, and we have included a Junior Varsity run.**

**So this will be the new schedule:**

**Time:** 9:00 – 10.00 Check in/ Course walk

9:30 Coaches Meeting (Dining Room Cacapon Resort State Park Lodge)

10:00 Varsity High School Girls

10:35 Varsity High School Boys

11:10 Junior Varsity Girls and Boys HS combined

11:50 High School Awards Ceremony

**12:05 Open FUN race (Bibs pick up, race day, from 10am to 12, at the tents area)**

**12:40 Open FUN Awards Ceremony**

Address: 818 Cacapon Lodge Dr., Berkeley Springs, WV, 25411

HS Varsity Awards: Teams 1st and 2nd Boys & Girls. Individuals: 1st thru 15th boys and girls.

JV Awards: 1st thru 10th boys and girls

Entry fee: \$40 per team (\$80 boys & girls)

**Registration for High School Meet teams through [athletic.net](http://athletic.net)**

Contact: Dave Munday- [dmunday@k12.wv.us](mailto:dmunday@k12.wv.us)

**Registration for the OPEN FUN race (individual and teams) through **Run Sign Up:****

**<https://runsignup.com/Race/WV/BerkeleySprings/BerkeleySpringsInvitational>**

(See the information next page)



It is an open race in which anyone can participate, with the exception of high school athletes who have run in the previous races. Same distance (5k) and course as in the HS competition.

**We offer two different formats for the OPEN FUN race:**

**- TEAM RACE** with the following format:

1. High School attendees can register a team made up of coaches, teachers and parents. In this way, students will now be able to cheer on their teams of teachers, coaches and parents.
2. The teams will be a minimum of four and a maximum of seven athletes.
3. The team score will be obtained by adding the score of the first four runners.
4. It will be mandatory that among these four runners there is at least one woman.
5. To register the team, a list must be sent with the participants indicating if they are coaches, parents or teachers and a signature of one of the administrators of the HS giving the approval.
6. The teams must wear a uniform, at least on the shirt.

**Entry fee: \$ 25 per team. Registration: Run Sign Up**

<https://runsignup.com/Race/WV/BerkeleySprings/BerkeleySpringsInvitational>

**- OPEN INDIVIDUAL RACE** with the following format:

The **open race** is held at the same time and anyone can register until capacity is filled.

Entry fee per person: \$10

Race day registration: \$20

**OPEN FUN RACE Registration: Run Sign Up**

<https://runsignup.com/Race/WV/BerkeleySprings/BerkeleySpringsInvitational>

**Awards OPEN FUN RACE:**

Teams 1st and 2nd. Individuals 1st, 2nd and 3rd male and female

Open race awards: 1st, 2nd and 3rd male and female.

Timing by Racine MultiSports.

Course marked by kilometers and miles. Finish line video.

Printed and online results: <http://racinemultisports.com/results/>

Runner bags for school athletes.

Medical First Aid Tent at the Finish Line.

**Sponsored by Valley Health War Memorial Hospital**

**20% OFF for participants and families at Cacapon Resort State Park accommodation during the competition weekend:**

<https://wvstateparks.com/park/cacapon-resort-state-park/>

**PARKING**

**We strongly encourage athlete families and Open FUN Race participants to park in the picnic area.**

**CONTACT**

Dave Munday: [dmunday@k12.wv.us](mailto:dmunday@k12.wv.us)

Tonya Stotler: [tonya\\_stotler@hotmail.com](mailto:tonya_stotler@hotmail.com)